## SPRINTING AND SPRINTERS. A FEW POINTS ON THE EXCETING

ATHLETIC GAME.

Setting Is One of the Meet Imperiant Things That Must Se Learned-Not So Many Tricks to Sent the Pictol As Formerly-Some Records at the Game, The most popular form of foot racing is admitted to be sprinting. Sprinting means running at full speed, and a sprint race includes any distance up to in the neighborhood of 800 or 400 yards. Some claim that a quarter of a mile or a 440-yard run is a sprint, and this distance is generally spoken of as such, but technically it is not a burst of full speed all the way, and an actual sprint race means full speed for every inch of the distance. It can readily be seen that the limit of a sprint race varies with different athletes. and while some cannot maintain a spurt for over 200 yards, others might go for all they are worth for 400 yards. L. E. Myers, who, when he was an amateur, ran so many fast and hard races at both sprints and middle distances. and, without doubt, has no equal for one quarter of a mile, does not sprint for the latter distance. He used to set off at a very fast.



athletes on account of the speed shown, but the pace would not be a sprinting one for Myers. If he should run a race between 300 and 350 yards he would sprint it, but 440 yards is to him, as all others, a little beyond a sprint race,

Myers's mode is probably the best in defining the length of a sprint race, for although his best record, when he was an amateur, is about one second slower than the present best amateur record of 47% seconds by Wendell Baker. Myors made his performance in a race on a track with several turns, while Baker's run was made alone on a straightaway course as a trial against time. Myers is thought to have run harder and more races than any man liv-ing. He was before the athletic public from 1879 to 1886, and although as a sprinter he was not the best, still as an example of defining the length of a sprint race his performances are unequalled simply on account of the number of them and also the publicity in which they were made.

As a sprint race shows speed, it is not to be wondered that the public shows more interest in a sprint contest than any other. People unacquainted with athletic games who see races for the first time are always disappointed with the running in distances above those in which speed is shown, and even though an athlete should make a phenomenal perform ance for a half-mile run, it would not take so well with the uninformed as an average 100-



yard performance, because in the latter dis-tance the great scramble shows plainly that the runners are doing their best, while in the former, where an athlete must harbor his

former, where an athlete must harbor his strength and not start off at full speed, an impression is made that the competitors are not rying very hard. This fact has been exemplified so often that any patron of amateur sport cannot fall to apply it to his own case and also to that of friends he may be continually initiating to games.

The great sprint race is 100 yards, although this distance is considered by professionals to be a little too short in which to display the greatest spread. With this class 120 or 130 yards is the most popular, but it makes no difference whether the race is 50 or 150 yards long, the essential points in sprinting must be mastered before one can do well at it. The start of a sprint race is perhaps as important long the essential rolate in sprinting must be smastered before one can do well at it. The start of a sprint race is perhaps as important as any point in the subject, providing the athlete may boild in the subject, providing the athlete may have speed sufficient to rank him as a good man. It is quite possible that an athlete may be able to do 11 seconds for 100 wards, and, after becoming more proficient in starting, his figure may be 104-5 seconds without his shewing any more actual speed in any part of the race, except the first ten yards, which is a part where, generally speaking, no running speed can be shown on account of the athlete not having momentum enough to enable him to stride out. The first ten yards, thoush, are most important, and many arace has been won by one athlete getting a little shead at that point, even though some congestion may have closed the gap a little in the last ninety yards.

An athlete to train for a sprint race should begin very gradually in practising starting. Starting means to hold one's self on a mark in a position which may enable him to run of



PRONT VIEW OF AVERAGE SET.

guickly and then jump off suddenly and run. The motions must necessarily be very quick, and a novice trying it with all his might at first may produce strains in various ligaments and joints which will cripple him for some time. Strains occur so easily from starting that old hands at sprinting use extra caution when beginning practice, after having been inserting for some time. Even though in starting no actual strain occurs. If too much of it is done at first the muscles of the legs are apt to become so sore that the athlete may have to lay off for a week after the first day or two to enable him to practise in any kind of form again. Sore muscles never do an athlete may have to lay off for a week after the first day or two to enable him to practise in any kind of form again. Sore muscles never do an athlete any good, and there is no exercise with which stiffness is more associated than starting for sprint races.

The tilustration. The Average Set." shows an athlete standing in a position preparatory to the firing of the pistol. His general attitude is one assumed by nearly all athletes and the some slight change in helding the arms a few inches higher or lower. The left foot is toeing the mark, and the toe of the right foot is toeing the mark at which he is standing. He has been urdored by the starter to "get set." and the question may be asked: "Why does he put binnes! In such a position preparatory to running?" This is difficult to answer, but a description of the several moves he will make when the pistol goes off may show the unimformed that athlete ado have a roason for posturing in this style. When the pistol is fired, this athlete will bring his left arm back with a quick lerk, while his right arm is brought forward. The pulling lack of the left arm has a tendency to bring the shoulders forward, which is of course just what is wanted to help one to get off quick. The motion of the right arm poposite that of the left does not bave as much effect upon the body as the latter, for if it did there would be a

an instant will be in harmony with the motion of the lega. After this point the regular swinging motion of the arms is indulæd in to fit in with the stride of the lega.

There are two ways of handling the feet in a start of this kind. One is to step out with the first toot about nine inches or a foot, to be followed with a regular stride of the other foot some feet in advance; and the other style is to



one competition bundled over.

stride right ont with the back foot, which, of course, necessitates the keeping of the front one on the ground. The stride will be between three and four feet in front of the front foot. In either case the motion of the arms is as before described, lich styles of stepping out have pienty of advocates, and the reasons given in support of both are very plausible and natural. Athletes who step out with the front foot say that the short stride of about a foot enables them to get off quicker, because the weight of the hody, being on the front leg, helps to move them forward quicker when the support in front is suddenly taken away by the foot being lifted from the ground to take a short step. Then when the front foot is placed on the ground axain, the body having been given momentum, it is far easier to follow with another stride made with the back leg than if that member were brought forward for a stride when the body is comparatively still.

The only bad feature with this style is thought to be the lendency to step out too far with the front foot, thereby setting the legs too far apart, which will offset the good gained by getting the body moving, on account of the inability caused by the straidling to bring the back feet forward for a stride. The stradding will of course lower the whole body, and time and momentum are lost in raising it again for a stride. This front-step style, however, is considered excellent for an athlete to hold his mark well. The weight of the body being thrown in front does not necessitate any weight ONE COMPETITOR BUNNING OFF. thrown in front does not necessitate any weight



OVERBALANCED.

Or force to be put on the back leg when in the act of striding, which is not so when the front foot is kept at the mark and the first stride taken with the back one.

In the back-foot start an athlete holding himself as shown in the illustrations. "The average set" or "Another position for set." must, before he can push from his back leg, put some weight on it. As it is recognized that all positions for "setting" show that most of the weight is put on the front foot, it can be seen that before the back one can be pushed forward the athlete must settle back to a certain extent until be can push, when he will go forward again. In nearly all fair starts almost the instant he pistol goes off a settling down by the competitors can be noticed. This is caused by the notion of the arms and the lowering of the body in pushing with the legs. A casual observer will not notice it on account of its imperceptibility, but it happens every time, and a perfectly fair start looks to the uninformed speciator like a slow one on account of the visions he may have of athletes getting away with the report of the pistol, which although unfair. has happened too often to be mentioned. Whenever an athlete does move away with the pistol it is conclusive proof that the starter does not know his business, for the athlete, having premeditated the report and started to move before the trigger is pulled, has done what is called "beating the pistol," which never happens when a thoroughly competent pistol firer is officiating.

The posture of the man in the illustration "Another position for set," is a little different from that shown in "The average set." In the former the athlete is on both toes, standing preity high. His left arm is straighter, and the right is not put so far back as is shown in "The average set." He will, however, go through the same motious with his arms as the athlete who has the average set will.

Another side of setting is shown in the illustration. "Left leg and right arm forward style." It will be seen t



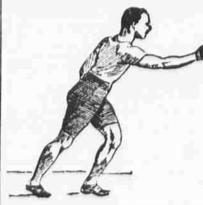
WILL SHOBILY PALL OVER.

will shortly fall over.

about in the same position as shown in "The average set," but his arms are reversed. The supporters of this method claim that no half swing with the arms is necessary, for a full swing with the arms is necessary, for a full swing when the pistol goes off will be found to be in complete harmony with the motion of the legs. In this style, the front foot is never stepped forward with and the back foot moves first with a good-sized stride. Very few attletes use this style, but the few who have tried it say that after becoming at home with the movements they have found a great deal of merit in it. There is no denying that from the very first there is complete harmony between the swing of the arms and the stride of the legs, and one reason why the style is not more used may be on account of its being new. Trainers, as a rule, teach styles in athletic games which they have practised themselves, and as this method of starting is comparatively new, and there being bardly any one qualified to show it correctly, it may account for its not being develored. More athletes use it now than ever, but compared with the huge mass its supporters are but a drop in the bucket.

In this style, when the pistol is lired, the right arm is swung way back, the left arm forward, and a stride taken with the right fem, it will be seen that this is the exact motion of the arms and legs when the athlete is in luil running, and on theory the style should be good. Before, however, it is used by men who make fast records nothing can be gained by passing an opinion upon it, and the probabilities are that tew athletes who are fairly proficient in starting under the several popular ways will change their methods for an experiment.

The illustration "Front view of average set" shows the way an athlete looks in front when



LEFT LEG AND RIGHT ARM FORWARD STYLE.
adopting the posture of "The average set." It
is hard to distinguish any motion of the arms
or legs when looking at a runner in this way,
and one reason why official, who are generally
at the finish of a sprint race, cannot detect a
"beat of the pistol." Is that no other view of the
competitor than this one can be obtained.
"Starting from hands and knees." shows still
another way of an athlete leaving his mark. C.
H. Shorrill in 1885 used this style, but it was
known to avail him nothing so far as getting
rapidly into bis stride is concerned, for he was
not a fast starter, but his speed enabled him to
win racea. Later on he gave up the hands and
knee style and assumed the position shown in
"The average set." At the time he used his LEFT LEG AND RIGHT ARM FORWARD STYLE

old style he gave as his main reason for doing so that he could hold the mark better, and had no fendency to fall over the line and thereby run the risk of teing pensilized for false starting. It will be noticed in the illustration representing the hands and knee style that one athlete has one knee on the ground and the other simply has his hands and feet touching the soil. This is a matter of taste on the part of those who use the style, and, as this method of waiting for the pistol is not popular, the probabilities are that its merits or demerits will never generally be known. The prevailing idea, however, is that as a means of getting away quickly it is not agond style.

that as a means of getting away quickly it is not a good style.

The illustration "Overbalanced" shows a scene which happens at probably every handicar sprint race where the competitors include men of different experiences and reputations. It is a starter's business, after he orders the contestants to get set, to hold them on their marks until all are still. The tendency with novices is to assume a position of setting, as shown in the previously described illustrations, and in place of holding themselves rigid and waiting for the pistol they gradually lean oververy slowly, but gotting nearer to the ground every second, until, finding that it is impossible to keep a balance, they either run right off in the hope that the report of the pistol will follow, or they endeaver to save themselves from stepping over by lifting the back leg and gesticulating with their arms. When an athleis does this the starter generally orders all the contestants to stand up, and then he begins anew, and orders them to set again. One of the rules in sprint running reads: "Touching the ground in front of the scratch line with any part of the person after being told to set shall penalize the contestant one yard for the first offence, two yards for the second, and disqualification from the race for the third time."

This rule is of very little value unless the starter is fully competent, for an inexperienced



A GOOD START. A GOOD START.

pistol firer is not apt to notice whether an athleta is being overbalanced or intends running off, and his eye being unnecustomed to observe closely, renders him in nearly all cases unable to hold the men with the determination shown by a competent man, and as he thinks he should despatch the men as quickly as possible his starts generally result in a scene as shown in the litustration "One competitor running off." This picture shows an athleta having taken a stride and being some distance off the mark.

shown in the illustration "One competitor running off." This picture shows an athlete having taken a stride and being some distance off the mark.

The illustration "Will surely fall over" shows such an aggravated state of being overbalanced that there is no help for the competitor, and he will touch the ground with his left hand. If he were in a scratch race, or, rephaps even in a handleap one, the starter would put him back one yard, even though merely the tips of his fingers touch the soil. If the race were scratch, where the other competitors have reputations to sustain, the starter in justice to them will penalize this offending athlete for not holding his mark better; but in a handleap contest where no reputations are at stake the starter might simply order the men to get up and set them over again, inflicting no penalty on the one who made himself troublescence. If the strict letter of the rule is lived up to, however, the athlete will go back. No matter if the race were a mest unimportant handleap contest.

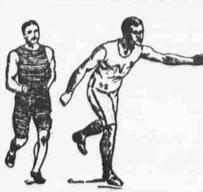
Very often when athletes know that an incap contest.
Very often when athletes know that an in-

very often when a hietes know that an incompetent pistol firer has charge of them no
attempt is made to hold the marks, and all
their thoughts and energies are bent on beating the pistol. When athleties were young in
this country it was a most common occurrence
to see half a dozen competitors run off simultaneously, apparently with no signal being
given. The truth of the matter is that they
had after being told to get ready here were



ANOTHER POSITION FOR "EET."
ing each other, knowing that the starter was
quite likely to be unable to hold them, and
when one moved others followed, so as not to
be left. A really competent pistol firer
even as late as six years ago was almost unheard of in this country, and one reason why
so few athletes of to-day can not approach the
many old-time fast sprint records is that
even though present athletic performances
generally are far superior to the old ones, the
sprint records do not show the change on account of the starting of to-day at most important games being what it should be. Six or
eight years ago beating the pistol was such a
common occurrence that an athlet was conportant games being what it should be. Six or eight years ago beating the pistol was such a common occurrence that an athlete was considered very slow if he did not do it, and, although a scene as shown in the illustration. Both competitors running is a rarity now, it used to be so common that nothing was thought of it, and the press at the time would very seldem speak of it. This picture shows one competitor some distance in advance of another, one who asthough on his mark is in the act of running. If the reader can imagine as he looks at the picture that the pistol will be fired in about he of a second, he will see that the athlete in front will have travelled at least two yards from the mark, and the other one about one-half a yard. The momentum gained by the first one would be equal to a yard more than the distance he actually travelled before the pistol was fired, and the momentum of the back one would be equal to a beat of the pistol of at least one yard.

The watches of the timers are started at the flash of the pistol and its plant osee that if the time is taken after one man has travelled by yards and the other I yard, if they happen to finish even and the watches stopped then, that the time if the race were 100 yards, would represent a 97-yard run for one and a 99-yard run for the other. Yet very few in the old days considered a race run in this way as any other than a fair one, and if the total time happened to be 10% seconds both athletes would be credited with that fast figure, when



BOTH COMPETITORS RUNNING.

if a proper pistol firer had officiated the race would not have been a dead heat in the first piece, and the time would have been about low seconds.

if a proper pistol firer had officiated the race would not have been a dead heat in the first piace, and the time would have been about 10% seconds.

The illustration "A Good Start" shows two men, having started fairly, in the act of making their first stride. One has drawn his arms back to the half swing and the other looks as though he had been a little quicker and given a full swing with his arms.

There is considerable difference of authorities in regard to the best sprint records, and what causes noarly all the disputes is the fact that so many of the records were made years ago by the athletes beating the pistol. Many more games are held now than half a dozen rears ago, and athletes have more encouragement to train. The sprint records, however, remain stationary, and in many cases do not come anywhere near the old-time figures. Take the 50-yard record, for instance and it is noticed that some authorities credit L. K. Myers with having run the distance in 55 seconds in 1854. Nothing near it is done nowadays, and many witnesses can be found who vouch for Myers having beaten the pistol by several yards when he made that figure. The same difference of opinion exists in regard to his 50-yard performance, which he is said to have travelled in 65 seconds. The fast sprinters of to-day cannot come within three or four yards of that figure. Several amateurs are credited with running 75 yards in 7% seconds, ranging from twelve to several amateurs are credited with running 75 yards in 7% seconds, ranging from twelve to several amateurs are credited with running 75 yards in 7% seconds, ranging from twelve to several amateurs are credited with running 75 yards in 7% seconds. Both would be considered a No. I men, but the difference between an athlete who can do 22% seconds and one who is equal to 22% seconds. Both would be considered a No. I men, but the difference between an athlete who can do 22% seconds and one who is equal to 22% seconds.

first-class. It has been found that a good reliable 10% second man is nearly always a sure winner in the various stratch sprint races in this vicinity.

The subject of sprint records is considered by the experts to be not worth discussing in determining an athlete's ability, sithough, if two men run in different times under the same starter and timers, all of whom are competent, it is fair to assume that the one having the faster time is the better man. Considerable head work or adaptability to meet circumstances is shown by a good sprinter in standing on his mark and waiting for the pistol, and some other runner who may be equally speedy not rossessing these qualifies, is bad to rely upon in an important contest. To run a sprint race properly an athlete must be nerved un from the time he is put on his mark to the finish of the race, and to keep in that state through several false starts on the part of other competitors, and repeated "setting" shows unusual coolness and nerve.

One hundred yards has been travelled in 10 seconds by eight amateurs in this country and one in England. The best record for 150 yards is 14% seconds, by C. G. Wood. London, Eng. C. H. Sherrill has done 15 seconds. Two hundred yards has been travelled in England by E. H. Felling in 19% seconds, and in this country and one in this country life seconds. Two hundred and fifty yards has been done in 24% seconds by Peiling in England. Sherrill's American time is one second slower. Myers holds the best amateur record for 300 yards, having done in this country 11% seconds. Wood of England has done 31% seconds. Which is the best amateur record for 300 yards, having done in this country 11% seconds. Wood of England has done 31% seconds. Which is the best amateur record is considered fast enough to have that distance called almost a sprint race, but further on the faures fail of considerably in making a good show on paper, so far as the ratio of the yards to the seconds is concerned.

GOSSIP ABOUT THE BOXERS. Kilrain's Lasting Injuries at the Hands of Sullivan.

The old proverb, "It's darkest just before the dawn," has a fresh significance for John L. Bullivan. A week ago he had little hope of relief from the Court of Appeals of Mississippl. and he stood ready to obey the summons of the Marion county authorities and to do his bit there, his only complaint being that his punishment was six times greater than that of his fellow offender. Kilrain. To-day he is to all intents and purposes a free man, and he sincerely hopes, as do his friends, that the Grand Jury of Marion county will not put the State and himself to more expense by again indicting him. Certain it is, that Mississippi will never again be invaded by prize fighters bent on hostilities. On their map it is marked "Bad land," and for them it is bad indeed.

Kilrain has delivered himself up, and will pay his fine of \$200 and do his two months as

"Bad land," and for them it is bad indeed.

Kiirain has delivered himself up, and will pay his fine of \$200 and do his two months as the easiest way out of a bad situation. Jake's pucilistic prospects are pretty dark just now. His defeat by Corbett satisfies me that I was correct when in my report of his fight with Suilivan, I said that he would nover again be the man he was before he met him. Suilivan's blows were principally directed at his body, and Jake has never been a thoroughly well man since. Of course, he can do a mark like I vas: uelin in a canter, but when he meets a first-rater his cake will be douch.

One of the best men of his weight to-day in a America is liedly Gallagher of Cleveland. He gave Charley Mitchell one of the toughest tussies he ever had, and Jack Dampsey shivered an arm over his hard head without being at the country that looks like him, and is especially anxious to have a go with lempsey, the Marine, or the victor of the fight between Johnny Heagan and Peter MeCoy. A little bird whispers to me that it is highly probable that the California Athletic Club will very probably invite Gallagher to hattle before it ere the summer is past. Gallagher is not only a splendid fighter, but he is a very quiet, well-behaved young fellow; and as he never touches the observorul, he always has his wits about him. What a go he and Jack Fogarty would make.

Jem Corbett, the Galfernia pugillast, has been taking in New York in a quiet way for the past week under the mentorship of Frof. Mike Donovan, who declares that he is the quicaest big man he ever faced. As Mike has had the mits on with the biggest and best men this country has produced since the days of Morrissey and Heenan, this is high praise indeed. For all his cleveness, though, Corbett does not lack for would be customers. Joe McAuliffe, the other big Californian, is very anxious to get a chance at him, and there are two or three others, including big Feter Jackson, who would be very glad to give him a go. Corbett save that he cannot oblige any was any knowledge here of an arrangement between McAuliffe and Carroll by which the fight was to be decided not by the merits of the men but by an understanding between them, evinces a wariness on the part of the Californians which will probably be the cause of a good deal of talk lately and hints of 10 is put up on the club, and when Fulda found Roche and the Eastern contingent backing their man, who had not been the favorite in 'Frisso until within a week, he naturally felt apprenensive. I think in this case, however, his fears were groundless. On their records McAuliffe ought either to win or be able to make a draw of it. He is younger, quicker, and more skilful than Carroll, and, barring accident the worst he should get is a stand-off. He was wholly unfit to fight when he met Jemmy Carney, and yet he saved his backers their money in that go. He did the same with Billy Myers when that asoirant for championship honors would fight only on the defensive. Then he obeyed Dick Roche, and by so doing the farce of two men facing each other round after round without striking a blow was kept up until all were tired out and again a draw was proclaimed. It is the knowledge that no man of his inches can rush Jack without coming to grief or make him serap if he doesn't want to, which made Roche and the others back him so freely. Still, Fuida's precaution shows that the Californians do not intend to be taken unawares by any combination which may seek to get their wealth by tricky combinations or arrangements.

McAuliffe's prompt notification to Billy Myers that, win or lose with Carroll, he stood ready to fight him again, shows that Mr. Myers has only to agree to equitable terms to get a chance to settle forever the question of supremacy between them. If they do meet, it is to be hoped that it will be before the Californian or some other first-class ciub, and that the club will announce in advance had not accent of the purso will be given up if the result is a draw. Myers is a very clover hover, but if he ever undertakes t

Emperor William's Way of Driving.

The attendants at the Berlin court whose duty it is to accompany the Emperor on his drives through the city, have less of a sinecure than they had under William I. The first Emperor of Germany always made out a plan of his drive before leaving the balace. The plan was communicated to his body courier, and after it had been executed the royal procession was taken home. William II, has changed all this. He gives directions to the body courier only during the drive, and by means of node and movements of the hand. Consequently, to prevent all mistakes, the body courier has to keep his eyes glued on the Emperor's carriage wintow. Feveral accidents have been narrowly averted by the Emperor's carriage wintow. Several accidents have been narfour corners, where he has all but upest the whole imperial cavalcade on the smooth slipnory pavement by unexpectedly signalling to the right when everybody else was thinking he intended to push straight ahead. duty it is to accompany the Emperor on his

Young Hearts Easily Made Happy.

From the New London Telegroph.

A generous down-towner, evidently more generous than wise, gave a crate of decayed exist to a gang of small boys Tuesday night. He could not have selected a more acceptable gift, so far as the boys were concerned. For a time the atmosphere was impure, made so by the swearing of the boys' victims and the broken exist that were laid too long ago. Not content with petting passing people, the fronts of dwellings were beamoured and disfigured.

HARD TIMES ON WAR SHIPS, Postshments that are Lawful and Those that are Not.

If the troubles on board the United States war ship Enterprise, of which full and graphic reports have been printed in THE SUN. serve to draw public attention to the actual conditions of life which sometimes exist on board American naval vessels, and if the publicity serve to make that life more pleasant, then the crew, officers and men alike (for it must not be supposed that the Captain has had any pleasanter time than his men), will not have endured their misery in vain. The punishments which a man may lawfully incur In the navy are severe enough when inflicted at the hands of thoughtless and cruel officers. but when to the lawful penalties others are added the life of the men becomes a very hard one indeed. It may be thought that unlawful punishments could never be inflicted on an American war ship, but as a matter of fact very many such are inflicted. Some facts about such things will not be uninteresting just now, when Secretary Tracy is puzzling his brain to devise some plan by which Americans can be induced to take the places of the Dagoes and Dutch now before the mast.

There are three sections of the United States Revised Statutes which are of importance when the punishment of seamen is to be considered. These are article 14, article 49, and article 24:

Fine and imprisonment, or such other punishment as a court martis may adjudge, shall be inflicted upon any person in the naval service of the United States who [Here follows the list of offences made punishable.] In no case shall punishment by flogging, or by brand

ing, marking, or tattooing on the body be adjudged by any court martial or be inflicted upon any person. No commander of a vessel shall inflict or cause to be inflicted upon any petty officer or person of inferior rating or marine, for a single offence, or at any one time any other than one of the following punishments, namely: First-Reduction of any rating established by himself.

Fecond—Confinement, with or without from single of Souble, not exceeding ten days, unless further confine ment be necessary, in the case of a prisoner to be tried by court martial. Third-Solitary confinement, on bread and water, no

exceeding five days. Fourth-Solitary confinement not exceeding seven

Fourth—Soutery comments at a days.

Fifth—Deprivation of liberty on shore.

Sixth—Extra daties.

No other punishments shall be permitted on board of versels belonging to the navy, except by sentence of a general or summary court martial.

Could article 24 be enforced the condition o the men would not be quite so bad; but even

then it would at times be serious. When the facts are all made plain it appears that the sailors suffer most where there is a lack of discipline in the ship, and that there is a lack of



THUMB TRICING UP.

discipline where the Captain is of a fickle o changing disposition. As the old sailors say some officers are one day roses and ple; the next they are thorns and pepper sauce. These men make life a burden for all beneath them With an invitation on shore to dinner in his pocket the Captain is in a cheerful mood. He lets the routine of duty slide, and the men smoke and skylark at will. At the dinner the Captain finds his lady love capricious, or he is jitted, or he takes too much wine, and the next morning he is in a state of mind. The men having been allowed undue freedom one day are in no mood for restraint the next, but they get restrained, and very likely put at extra duty or drill without regard to the weather, and there is no end of growling. This commonly leads to something akin to insolence, and the one thing an irritable officer, cannot stand is an appearance of insolence.

The offender is disrated at a breath very often, and for an offence which, if fully understood, was no offence at all. He had had no thought of being disrespectful. The look which the officer thought insolent was really one of fear or an attempt to be of good heart under adverse circumstances. Disrating is a very serious affair. The poor fellow in his petty rank, drew \$45 a month, maybe \$60. Disrated pocket the Captain is in a cheerful mood. He

rank, draw \$45 a month, maybe \$60. Distrated he gots but \$24, and, moreover, has suffered a fail in rank and consideration among the crew that hurts his pride terribly. His hopes of further preferment are gone while in that ship, and the stigma of having been distrated will follow him to the next ship. Worst of all he knows that he has been unjustly treated and he rankies under it, and is ripe, likely enough, for desortion.

Bad as is the distrating, the power of the Captain may add to it solitary confinement. This is likely to be a favorite method of punishing obstinate seamen on the new war ships. The hulls of these ships are divided into an immense number of small compartments. Some of these compartments are in out-of-the-way parts of the ship. They are without light, and they depend for ventilation on a pipe leading



to a fan, which may or may not be in operation. Some are near the boiler room and insufferably hot, while others are in remote paris of the ship and are cold and damp. They are of odd shapes, and of such sizes and pitch of floor that a man can neither stand erect, nor sit down, nor lie down in comfort. Men can and do romain in utter darkness and solitude for hours, where the minutes drag along like hours, but the lawful punishment is not limited even to solitary confinement for hours. The man may, on the order of his Captain, be confined so for five days, during which bread and water only will be given him for food, while his arms and lears are loaded with double froms. There he must lie on an iron plate, growing weaker for want of proper food, tortured by his froms, and haunted by the shapes with which his supersition resplets the darkness. And yet it is all according to law, and there is no redress, even when unjustly confined, as sometimes happens through missoureheasion.

A case was related to the reporter by a naval officer that very well illustrates what sort of punishment it is to deprive a man of his privilege to go on shore. In the year 1837 the cades at the Naval Academy were sent to the Azores and Madeira Islands on the annual cruise. The old Macedonian was one of the practice ships, and she was in command of Capt. Thomas O. Selfridge, at that time a Lieutenant-Commander in rank.

On the way over the cadets did a good part of the work as seamen, hauling on ropes, &c. One morning Capt. Nelfridges was on the bridge and a lot of the cadets were trying to sweat down another inch of the main tack. Capt. Nelfridge hought they were not pulling as much as they could do, and to make an example, told the cadet officer of the deck to "tell that white-halred young gentlemen on the rope, and by ill luck, one who had really been pulling his best was selected by the cadet fined. House involved a classmate in trouble, and that would have been disgraceful in his syes. So the young fellow reported himself, and, under

net who had done him the wrong with a hearti-

nest who had done him the wrong with a heartiness that was stirring.

The chief inducement, naval officers say, that leads boys to ship in the navy is the hore of seeing foreign countries. There never was a sailor deprived of that privilege who ever forgot the wrong done him. It did degrade men to fing them, but any young sailor would very gladly take a good clip from the cat rather than miss the privilege of seeing the streets of a foreign port.

The extra duties which a man may be called on to perform may wear the life out of him. Men have been kept on lookout until they have gone to bleep standing up, and so have tumbled over on deck. They are set to cleaning the bright work, or worse, the closeta, during the bright work, or worse, the closeta, during the hours that should be devoted to sleep. They are slung in a beatswain's chair on the sunny side of the ship on a hot day and compelled to paint or wash the side while the sun beats down lit to broil them.

The unlawful punishments inflicted on the men are varied. Get any naval seaman into a talkative mood, say a Lieutenant over a bottle of wine or a captain of the for-top over a bottle of wine or a captain of the for-top over a bottle of wine or a captain of the for-top over a bottle of the subject of runishment—get the man to tell what he has gone through with and seen.

tell what he has gone through with and so One of the first things likely to

RIDING THE CAT.

told by Jack is the way landsmen are served who spit on the deck. The unfortunate offender against cleanly bablts is taken forward and a bit of marline put about his neck, and to this is slung a spit box—a miniature tub a foot across and six inches deep. Then he is compelled to march up and down the port side of the deck for perhaps an hour, while the old salts, with devilish glee, come from all parts of the deck to spit in that kid.

Men who are to be punished by extra watch are sometimes sent into the rigging. To keep a bright lookout for the equator. They must climb up on the under side of the shrouds, and when twelve or fitteen feet above the deck hang on until ordered down, unless they drop first from sheer exhaustion, as sometimes happens. Let the reader support his weight on his hands by classing the top of a door frame, for instance, and see how it feels; then he will be prepared to better appreciate what it is to be triced up.

he will be prepared to better appreciate what it is to be triced up.

Men are triced up in two ways. In one a line rove through a block lashed aloft somewhere is made fast to the chain or bar uniting the handcuffs on a man's wrists. Then the man is hoisted up until his toes just touch the dook, and his weight is brought on his wrists. The other way is to lash a man's thumbs together with stout twine and then holst him up by his thumbs. No matter what a man's pluck, he will scream with pain in a moment. It is the severest punishment now inflicted in the navy.



Men are sometimes lashed to a gun or a stanchion. Cases are known where they have been lashed to the cathead when at sea so that ley apray dashed over them till their teeth

that ley spray dashed over them till their teeth chattered.

No device for inflicting torture on the mind and body of a seaman is unlawful so long as he is not flogged nor marred, provided the punishment is inflicted after due trial by court martial. It need scarcely be said, however, that sentiments of humanity commonly prevail, and that cruel and unusual punishments are seldom inflicted, even though lawful. Thus it is lawful to shave a man's head and place him at the head of a procession of seamen with a band of musicians playing the Rogue's March to escert him ashore after he has been dishonorably dismissed from the service. It is lawful to make a man do duty with a ball and chain to his leg. A man might even be keelhauled lawfully.

to his leg. A man might even be keelhauled lawfully.
Keelhauling consisted in dragging a man under the keel of the ship. It was a good old custom in the British and Dutch navies. Stout blocks were rigged on the ends of the main yard. Then, with lines properly rove off, the man was holsted up to one end of the yard and from these lowered rapidly into the water and hauled through under the ship, to emerge half drowned on the opposite side and be holsted to the other yardarm. He was weighted with cannon balls lastened to his feet, to make sure that he sank far enough to escape hitting the keel, for they did not wish to quite kill him.
There are two sorts of court martial—the general and the summary. The law provides as follows for the summary:

Summary courts martial may sentence petty officerand persons of inferior ratings to any one of the follow and persons of inferior ratings to any one of the following punishments:

First—Discharge from the service, with bad conduct
discharge; but the sentence shall not be carried into effect in a foreign country.

Record—Solilary confinement, not exceeding thirry
days, in from, single or double, on bread and water, or
on diminished rations.

Third—Solitary confinement in irons, single or double,
not exceeding thirty days.

Fourth—Solitary confinement not exceeding thirty
days.

days in irons, single or double, on bread and water, or on diminished rations.

Third—Solitary confinement in irons, single or double, not exceeding thirty days.

Pourth—Solitary confinement not exceeding thirty days.

Firth—Confinement not exceeding two months.

Eighth—Extra police duties and loss of pay, not to exceed three months, may be added to any of the abovement toned punishments.

Since a summary court martial may be convened by the Captain of a ship at sea to try seamen for offences against himself, the officers of the court would be directly under his luftuence, and would be swayed by fear of offending him. So a man could very readily get thirty days in double from so near rations and lose three months' pay for an offence which would be very lightly punished in a ship commanded by a reasonable officer.

Men have had their heads shaved when dishonorably dismissed from the navy within recent years, and that is probably the most degrading ounishment inflicted. But in the old times descrition was punished both by branding and tattoning. The letter was burned into a man's flesh when he was recaptured, commonly on the left hip, but sometimes on the hand, One can find even now old sallors whose hips have been tattooed in the most gorgeous designs for the sole purpose of covering the hand. One can find even now old sallors whose hips have been tattooed in the most gorgeous designs for the sole purpose of covering the hand. One can find even now old sallors whose hips have been tattooed in the most gorgeous designs for the sole purpose of covering the hand mark.

The cat-o'nine-tails with which men were flogged had a handle made of a short rope, say six inches or so long, and just thick enough for a man to get a good grip on it. To this were lashed nine thick cords, say two feet long, with three knots in the end of each. In the hands of a brawny hoatswain that sort of a cat had claws unmistakably.

Flogging is past, but striking is not. The apprentices in the navy are paid, fed, and troated water, and cases o

Thinks She is Still a Stave.

From the atlanta Constitution.

ALBANY, Ga., March 18.—Mrs. Divens of Lee country has an old negro wonsan who does not know that she is free. When treedom dawned upon the negroes, and they all started to leave, this old darky, who is deaf and cannot talk well, could not be made to understand it, and ahe has not found it out to this day, and be the day, and be the day.

FASHIONS IN ATHLETICS

THEY ARE PARTICO OF TERANHOUS WHILE THEY LAST.

Pencers and Sprinters Are the Bude Ath-letes—Onramen and Boxers Bress Worst— Some Champions' Peculiarities.

The thousands of ordinary men and women who look on at athletic games soner-ally fail to notice that there are fashionable laws which govern athletes as rigorously as Worth's edicts rule the wearers of gowns, Crazes run their course among the men of the field, the cinder path, and the water, just as they do among the women who rush from a love of ceramics to badminton, and away again to King Charles spaniels. It is not always easy to account for the wonderful popularity of cortain branches of sport. In some cases the time of year has something to do with it, but usu-

ally it is the result of whim.

Boxing and wrestling are the correct things at this moment. Fencing is in season now, too, but this is a mugwump game, and can hardly be called popular. Running, jumping, pole yaulting, shot putting, and bleyde racing are in vogue all the year round. It is just as easy to carry on these sports now as in suusmer, because the new big armories of the National Guard regiments give plenty of room for them. In England even swimming races are carried on all winter, because the indoor swimming tanks are much larger than anything of this sort we have here.

It is pretty easy to tell a man's social status

by observing the branch of athletics he pracwith his choice. The fencers, whether with folis, duelling swords, or sabres, are apt to be slender men of the sort you see walking up Fifth avenue in the late afternoon. Their social status is something to admire. Men of French, German, Italian, and Russian descent form the bulk of the swordsmen. The rude shocks, swolien faces, and occasional broken bones incidental to boxing and wrestling would interfere with their social enjoyments. It is easy to see that nearly all the prominent amateur boxers come of Irish, Scotch, and English stock. For example, look at the champions, Pat Cahill, William McGarry, M. J. McAuliffe, B. Mul-lins, and Cal McCarthy (who was until very recently an amateur). The wrestlers who have hugged and squirmed their way to fame bear mostly German and Irish names. The young fellows who grow great in these games are men who work hard with their arms for a living. It is worthy of note that Johnnie Reagan. Ing. It is worthy of note that Johnnie Reagan. Champion Jack McAuliffe, and many other bright lights of the prize ring first attracted strention as amateur stars. Of course, lots of young men in the Four Hundred are carefully taught how to box by expensive teachers, but they generally avoid trying their science on the hustiers. They are clever enough, but have not the strength and staying powers to back up their skill.

It is in running, jumping, and rowing that

they generally avoid trying their science on the hustlers. They are clever enough, but have not the strength and staying powers to back up their skill.

It is in running, jumping and rowing that men whose ancestry has been for several generations American win the most honors. Neither of these sports is practised so much here as in England, but something in the Yankee's od and climate seems to favor the growth of men of speed and jumping power. Witness the achievements of L. E. Myers, Harry Fredericks, Wendell Eaker, Evert Wendell, W. C. Dohm, W. Byrd Page, Charles G. Paotta, and scores of others. College men in great numbers devote much of their time to sports of the field, track, and water, and this fact accounts for their fashionable status.

All these divisions are clearly marked, and in a general way have continued since American sporting blood began to assert itself. But there are special hobbies, that number their devotees by thousands while they last, run through a period of high fashion, and then fall back into the musty pages of books of record. Take tossing the caber for exampla. When George Goldie was a lively young man earning laurels for the Caledonian Club, this game always occupied a prominent place on the programmes of the athletic games of the day. The Caledonian, by the way, was the first athletic club in this part of the country, if not in America. The caber was a long, thick log of close-grained heavy wood. Tossing it well didn't call for much grace, but a great deal of strength and skill. The game was not attractive to look at, and that is probably why it soon dropped out of sight. It still flourishes in Canada in company with the Highland fling, baggis, and other bourly Irishmen. The visits to America of W. J. M. Barry. Dr. Daly, James Mitchell, and other handsome Irish in principles very quickly. There land an other handsome Irish being boom. C. A. J. Queekburner caught on its principles very quickly. There land the sum of the fifty-six for distance is not practised to admire his shape be

record by several inches, and setting every-body wild by his high jumping a couple of summers ago, he created a furor for that graceful diversion. The sagas tell us about the county of the county. Like everything clee that has he armin in New York, they are now fashionable in the backwoods. A couple of summers ago "ceating-courses" of the county, Like everything clee that has he armin in New York, they are now fashionable in the backwoods. A couple of summers ago "ceating-courses" of the county, Like everything olse that has he armin in New York, they are now fashionable in recovers. These were bonts manned by four actives of the county, Like everything the county of the county o